



RE-AIM: **Healthy Food and Beverage Standards**

This planning and evaluation guide illustrates the five dimensions of the RE-AIM framework: **R**each, **E**ffectiveness, **A**doption, **I**mplementation, and **M**aintenance that will be used for LHD's Policy, Systems and Environment change evaluation and reporting. The RE-AIM framework is useful for planning new interventions, adapting existing interventions, and designing evaluations that assess the potential public health impact of interventions.

Reach: Number of people in the target population affected. The extent to which the individuals reached are representative and include those most at risk.

Coverage:

- Number of SNAP-Ed eligible adults/children (incomes < 185% Federal Poverty Level (FPL)) in the county*

Estimated actual reach:

- Number of adults/children who work/visit sites with healthy food and beverage standards intervention activities in period assessed (per year or per day)*
- Number of SNAP-Ed eligible adults/children (<185% FPL) who work/visit sites with healthy food and beverage standards intervention activities in period assessed (per year or per day) * (WRO – MT4)

Effectiveness: Measurement of environmental level changes that have been shown to improve individual's nutrition and physical activity.

- Number of sites with improved food environment assessment scores using a reliable and consistent environmental assessment tool *[Report actual scores]* * (WRO – LT9)
- Number of SNAP-Ed settings that newly achieve national, state, or locally-defined standards for recognition program. *[Healthier US School Challenge, Healthy Schools Program National Recognition Award, Retailer Recognition Program, Other state or local Recognition Program]* * (WRO – LT11)

Adoption: The number of settings and partners participating in PSE change. The appropriateness of the settings (and partners) for reaching/engaging the target population.

- Number and list of the following who are actively involved in healthy food and beverage standards PSE change activities
 - individual community members/local champions (youth, parents/caregivers, community members, staff/service providers, leadership/decision makers, local celebrities) *[Record total number involved and number from SNAP-Ed population for each]* * (WRO – ST5)
 - organizational task forces *[Record number and type of member organizations]* * (WRO – ST6)
 - other partners not included above *[Record number and type]* *
- Number of SNAP-Ed settings that adopt/strengthen healthy food and beverage standards aimed at health eating. * (WRO – MT4)
 - Number of sites that change the **food environment**: improvements in hours of operations, time allotted for meals or food service; improvements in layout or display of food; changes in menus; point of purchase/distribution prompts; edible gardens; lactation supports or policies for working mothers; improvements in free water taste, quality, smell, or temperature; rules on use of food as rewards, or foods served in meetings or classrooms. *[Indicate which changes were adopted]*
 - Number of sites that make changes to **food procurement**: change in food purchasing specification(s); change in vendor agreement(s); farm-to-table; increase in fruits and vegetables, 100% whole grains, low-fat dairy, lean proteins; lower sodium levels; lower sugar levels; lower solid fats (saturated or trans fats). *[Indicate which changes were adopted]*
 - Number of sites that make changes to **food preparation**: enhanced training on menu design and healthy cooking techniques; reduced portion sizes; use of standardized recipes. *[Indicate which changes were adopted]*
- Number of local government facilities (including SNAP-Ed offices)
 - that interface with the public where there are healthy food procurement vending standards (WRO – MT8)
 - that provide nutrition education/nutrition resources at the point of enrollment for public assistance (WRO – MT8)

Implementation: Evidence of multi-component PSE interventions that are implemented as intended (all key components are in place and of high quality).

- Number of SNAP-Ed settings that report a multi-component initiative with one or more healthy food and beverage standards improvements aimed at promoting health eating and
 - Evidence-based education *[describe]*
 - Marketing (including promotion, awareness efforts, etc.) *[describe]*
 - Parent/community involvement *[describe]*
 - Staff training on continuous program and policy implementation *[describe and report number trained]*

* (WRO – LT9)

Maintenance: PSE change is maintained with a sustainability plan and institutional/community support. New barriers are prevented or mitigated.

- Number of SNAP-Ed settings in which healthy food and beverage standards are maintained or expanded.*
- Institutional or community (non-SNAP-Ed) resources invested in healthy food and beverage standards change (staff, cash, in-kind support) *[calculate percent change for each]* * (WRO – I3)
- SNAP-Ed resources invested in healthy food and beverage standards change (staff, cash, in-kind support) *[calculate percent change for each]* *
- Number of participating SNAP-Ed settings with a plan for sustaining, evaluating, and improving healthy food and beverage standards changes. * (WRO – I4)
- Number and types of barriers/challenges prevented or mitigated through program implementation * (WRO - I5)

* These are required, core PSE indicators that should be incorporated into final evaluation plan (if applicable to specific PSE).

WRO indicators are from the USDA Western Region SNAP-Ed Nutrition, Physical Activity, and Obesity Prevention Outcomes Evaluation Framework, April 2014

<http://snap.nal.usda.gov/snap/WesternRegionEvaluationFramework.pdf>

ST represents short-term indicators, MT represents medium-term indicators, LT represents long-term indicators, I represents impact indicators (see framework for specifics for each indicator). These indicators will be compiled at the state level and reported to USDA Western Region.